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Canada said a temper-proof steel would not fit the bill.

He said the P.I.A. bill was:

Floating logs missing, says

Multiplé, a member of the Senate Committee on Agriculture, made the discovery during a recent aerial survey of the two provinces in Llanos, which bore the brunt of the series of epidemics that hit the country in November and December.

"All the bugs that were transported by the South River disappeared. The people I talked to were so given word for their houses," she said as a proud farmer.

"We don't know where they found it, but there are for the people," the last told reporters.

River's more troubling is that the Department of Environment and Natural Resources (DENR).

WEATHER FORECAST
BUREAU OF METEOROLOGY
The following are the weather forecasts for the next 24 hours:
Metro Manila: Partly cloudy to mostly cloudy with light rain or drizzle. Temperature: 24 to 30 degrees Celsius.
Other areas: Partly cloudy to mostly cloudy with light rain or drizzle. Temperature: 24 to 30 degrees Celsius.

Second FRONT PAGE

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Region	Forecast	Temp
Manila	Partly cloudy to mostly cloudy with light rain or drizzle.	24 to 30
Other areas	Partly cloudy to mostly cloudy with light rain or drizzle.	24 to 30

Bishops say gov't 'Ligtas-Buntis' campaign an assault on family

By Josephine Alvarez

AN ABILITY to control the family

This was the theme of the national Catholic Bishops' Conference of the Philippines (CBCP) campaign and the bill on sexual and reproductive rights recently passed by Congress.

The CBCP has been leading the public and moral dialogue to safeguard the sacredness of life and God, Father to us and the source of all life, and the sanctity of the human family, and the sanctity of life from fertilization to birth.

protection for married life.

The CBCP opposes artificial means of family planning and abortion rights—actions that violate sacred human life—because they threaten the sanctity of life and God, Father to us and the source of all life, and the sanctity of the human family, and the sanctity of life from fertilization to birth.

According to the bishops, however,

the bishops also said that the right to control one's fertility is a basic human right. They said that the right to control one's fertility is a basic human right. They said that the right to control one's fertility is a basic human right.

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NPAs threaten to attack US troops

US downplays warning

COMMUNIST guerrillas warned

American troops taking part in an annual joint military exercises with Philippine forces that they would be attacked if they stayed into rebel-occupied areas of the country.

Some 300 rebel and US troops were in the area, but the US said it would not be attacked.

rebel forces threatened to attack

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AMHIG Forces Chief of Staff Gen. Florido, Defense Secretary Arroyo and US Embassy Deputy Chief of Mission Joseph M. Moore



Senate freezes proposed bill to fight terror

By Michael L. Sandoval

and Christian A. Arellano

SENATE President Franklin Drilon

has effectively blocked the proposed anti-terrorism bill that would allow the government to detain suspects without trial for up to 180 days.

US diplomat tweets RP media over 'travel advisory'

By Alvin Pags

AN OFFICIAL of the United States

embassy in Manila tweeted on Facebook that the US State Department was "not recommending travel to the Philippines."

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Gov't moves to keep 41% stake in San Miguel

By Elizabeth L. Sanchez

THE GOVERNMENT will not allow

41 percent stake in San Miguel Corp. (SMC) to be sold to private investors.

Gov't moves to keep 41% stake in San Miguel

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North tribes tag Benguet, Baguio as peace zones

By Denise Lujan
PHN Northern Luzon Bureau

DAVAO CITY—Editors of *Gintong* and *Lahugang* in Benguet have declared Benguet and Baguio as "peace zones" to end the violence of fighting and retaliation among their members based in this city and parts of its region.

In celebration of the finding (peace pact) on Sunday, more than 20 peace pact holders gathered 500 *Kalangu* and *Lahugang* members and supporters in an appreciation ceremony. Benguet and Baguio as "peace zones" or "peace cities."

They (new ones), *Kalangu* and *Lahugang* were assisted in the search for the housing of gangs overwhelmed during the gathering.

While *Kalangu*, peace pact holders of the *Lahugang* and *Kalangu* and *Lahugang* were not participating, they were not the peace pact holders and the peace pact holders were not the peace pact holders.

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FIRST TASTE
A woman from Baguio tries to taste a piece of rice that was harvested from the rice fields of the peace pact holders.

Mangyans flee clashes between NPA, Army

CITY OF CALABANG—Twenty seven *Dauidan* Mangyan families from two tribes in Calabang, Pampanga, have fled to the mountains to escape the violence of fighting between the *Dauidan* and the *Dauidan* Army.

They were last seen on Sunday in Calabang, Pampanga, and they were last seen on Sunday in Calabang, Pampanga.

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Mountain town in Aurora to tap electricity from 5 waterfalls

DAVAO CITY—A plan is under way to build a mini-hydroelectric power plant in the mountain town of San Mateo, Davao del Norte.

The project is being developed by the Department of Energy, and it is being developed by the Department of Energy.

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Negros Oriental town mayors angered by election in tour ads

By Barry C. Manalang
PHN Negros Oriental Bureau

CEBU—The mayors of Negros Oriental are angry over the election results in the province, and they are angry over the election results in the province.

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The group of people is holding a banner that reads "MA ANO PAMILYA NG LIFT LOG BAN".

Gov thanks US Pinoy group for hospital funds

DAVAO CITY—The Department of Health has thanked the United States Pinoy group for their contribution to the construction of a new hospital in Davao City.

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C. Luzon publisher dies of heart attack

CITY OF CAGAYAN—A heart attack killed the publisher of the *Central Luzon* newspaper, the *Central Luzon* newspaper.

The publisher of the *Central Luzon* newspaper, the *Central Luzon* newspaper.

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GMA reviews logging ban order

The (new) comer in Inquirer

INQUIRER Managed Assets will decide next week whether to lift the anti-mining law that it passed after heavy lobbying in the past few days, according to a source familiar with the company's plans.

The decision is expected to be made after the Philippine Mining Act of 2001 is signed by President Arroyo, which will allow GMA to operate in the country's mineral-rich areas.

Legislative Council members have already on legislative mind-provoking orders.

The association is made up of 227 small producers who have been lobbying for legislation to regulate mining in the Philippines and the Philippines. Environmental protection, agriculture and industry, and the environment and natural resources are the main areas of concern.

People, and offering the cleanup of these areas instead of mining, according to a local source, would be a big deal.

It is being offered by the Inquirer, which is the only newspaper in the Philippines that is not a member of the Philippine Press and Information Council.

Floating logs missing, says Madrigal

the anti-mining working mechanism.

It is a small company that is not a member of the Philippine Press and Information Council.

The decision is expected to be made after the Philippine Mining Act of 2001 is signed by President Arroyo, which will allow GMA to operate in the country's mineral-rich areas.

Defence and the Interior would get 50 percent of the mineral rights, which have a 50 percent share in the land government-owned.

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Palace 'invites' gov't employees to Edsa rites

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Regained RP

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SEARCH FOR THE LOST

Have you lost your passport, ID card, or other important documents? We can help you find them.

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Editor: Evan G. Dizon ■ Assistant Editor: Cesar B. Bile Jr.



Troubles with river pest may soon be over

By Luigi A. del Puerto

IS A SOLUTION to the justice fish problem in the city? Laguna Lake Development Authority general manager Ed Manda thinks so.

A fertilizer company is interested in turning the fish, now largely considered a pest in lakes and river systems, into liquid fertilizer, Manda said.

He added that the company, whose name he did not disclose, is offering to buy the fish at P150 per 100 lbs.

Local governments along the Marikina and Pasig Rivers had launched a vigorous campaign to rid the shores of justice fish. Marikina, for example, is offering 20 pesos for each fish caught. But Marikina, a city councilor, said they did not know what to do with the catch.

For now, the city simply dumps them in garbage sites.

Manda said there was a suggestion

to turn the fish into fish meal, but even if that was done, the idea was junked.

There was also a proposal to turn the fish into fish oil.

"We had some samples in the Department of Science and Technology, but there has been no response yet," Manda said.

His company had suggested that the fish be turned into fish feed, but it added that the fish would have to be processed before delivery.

"Using the fish, however, could be a problem because of the bad odor," Manda said.

It plans to convert the justice fish into fertilizer, said Manda, but that would be a welcome development, according to the councilor.

The justice fish had recently wiped out other fish varieties in the Marikina and Pasig Rivers.

It had also been blamed for the deaths of thousands of the jay-gingling along the Marikina River.

Manda said the justice fish causes a lot of trouble because it digs into the mud of the banks.

The city's sanitation work has been hampered for two years ago.

It is still not clear how the fish got into the Marikina and Pasig Rivers, but officials said they might have escaped from their breeding grounds in Pangasinan, Laguna and Iloilo, and found their way to natural water systems.

Another theory was that just owners tried to control the justice fish by using a variety of methods, but they were not successful, according to Manda.

A study species, the justice fish survives in polluted and muddy waters, which explains why they have multiplied everywhere in Metro Manila's rivers.

In fact, Manila's City government is along the banks of the Pasig, launched a cleanup campaign aimed at cleaning the spots from the river.

Lines still form at MMDA for erring drivers

INQUIRER would still have to line up to collect their license at the Metro Manila Development Authority main office after a Manila court yesterday declared the temporary restraining order filed by transport groups against the traffic scheme proposed by the agency.

Judge Cesar Hernandez, of Branch 12 of the Manila Regional Trial Court, ordered the dissolution of the TFR that began Jan. 28 and expired Feb. 17.

"The previous shall proceed as scheduled, and the TFR of the court shall immediately follow."

the decision added.

Despite the court ruling, MMDA Chief Liquid Fernando said that the Traffic Violation Bureau (TVB) policy would still be implemented, because there is no alternative policy that would penalize traffic violators.

The TVB is an old traffic scheme where violators would claim their reduced license after paying fees ranging from P150 to P1,500, depending on the violation.

The system could only be implemented, as MMDA suggested in

decision earlier.

"We will not make any changes at the moment, but we are definitely coming out with a solution that would leave the transport groups' license intact," he said. The MMDA was not inclined to opening additional redemption centers because doing so would be costly, he added.

Last month, transport groups filed a 500-to-protest MMDA's new traffic scheme the Metropolitan Traffic Ticket Organized for from System, and the No Physical Counter Policy.

Angie C. Gonzalez

BEST MUNICIPAL POLICE STATION

San Juan Mayor R. Ejercito receives the Best Municipal Police Station Award from the Philippine National Police, through Insurance General Agents Comstar, PNP Internal Affairs Service Unit. San Juan has also been awarded the Most Peaceful Municipality in the country for the past four years. From left: San Juan Mayor R. Ejercito, San Juan Police Chief, Comstar and San Juan Mayor R. Ejercito.



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LIFE STYLE

Lita Dela Rosa-Fernandez

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Pain during pregnancy

I had terrible back pain during my first pregnancy and most of all during my second. What was the difference? I was doing special strengthening and stretching exercises designed specifically to prevent lower back pain in pregnant women.

In those days, the exercises were part of the *Be Ready Pregnancy Workout*. Today, you can find similar exercises in the book, "Mind and Fitness" by Julie Taylor, a registered nurse and personal trainer who has taught exercise to pregnant women since 1991.

Lower back pain is so common during pregnancy because, as the abdomen enlarges and pulls forward to compensate, the stretching of the abdominal muscles they are doing is stretched by the growing uterus and the compensatory tightening of the lower back can pull the spine out of alignment and send the muscles into a painful spasm.

The trick is to strengthen your abdominals and stretch your lower back to ensure the process. Here's how to do it: the "natural lower" stretch.

Strengthen the abdominal muscles.

Your abdominal muscles have four layers. The deepest layer is the transverse abdominis (TA). It wraps around your torso in a horizontal sheet like a wide belt. That is what you will use to properly support the baby as it is delivered. You can relax your TA, stretch it, and even strengthen it.

By keeping it strong, you help support your spine and put less strain on your lower back muscles. Taylor says an added benefit is you will be able to recover your pre-pregnancy weight faster.

Taylor says instead of the TA's so moving and is so forward and backward like a horizontal elevator. Think of your belly button as the engine that moves the diaphragm. Do this exercise while sitting on a chair or sitting cross-legged on the floor or your bed.

• **Engage your TA** by inhaling and pushing your belly forward.

• **Reduce density and height** by moving your belly button backward toward your spine.

• **Four back** must be supported and not move during the exercise. Keep one hand on your belly the other on the lower back to feel the TA's movement and back.

• **Keep pulling your belly button** toward you once about 10 seconds. The following exercise is 5 or 10. Contracting about will force you to take a breath of air in between. Do 10 repetitions daily.

This exercise isn't only for pregnant women. People who don't have time to work out can do it anywhere and anytime to strengthen their abs and back. The very simple technique is quite effective in strengthening healthy abdominal muscles.

Stretch your lower back muscles

Taylor calls her lower back stretches "belly dancing" because the bottom of the pelvis is brought forward and then returned to the center making the belly go just like it is "dancing." Fitness centers call them "pelvic tilt."

The movement returns you to the lower back. It pre-

WELL AND GOOD

Tina Austin



stretch the lumbar by lengthening the lower back muscles that become shortened in the sitting position.

Taylor recommends three positions, standing, sitting, and lying down, leaning forward with the hands down knees, and sit all four.

The technique is the same for all three. Think of a string attached to your tailbone, "pull" the string down toward the floor. You will feel the bottom of your pelvis come up toward your lower back. Stretch and the muscles lengthen. Hold this tilted position for five seconds as you keep breathing normally. Make sure not to arch your lower back when you stretch your pelvis toward the floor. Do at least 10 tilts daily.

If you do the standing stretch, keep your legs at hip distance apart with your knees slightly bent. Taylor suggests keeping one arm at your side and placing the other on your lower back with your fingers facing downward. She says if your fingers are not facing straight down, bring your legs forward until they do. This is your starting position as you begin to tilt.

www.pd.com

EXERCISE OF THE WEEK



45-degree bent over triceps

TRICEPS exercises not only tighten and tone the triceps muscles in the back of the arms but also challenge the muscles of the legs and torso.

Equipment:

None/Minimal

Exercise technique:

1. Stand with feet together and a shoulder-width apart.

2. Bend forward from the hips at a 45-degree angle. Bend the knees and maintain a second angle in

straight spine with a natural curve in the lower back.

3. Bring elbows up until they are a inch from your head. This is your starting position.

4. Clasp your hands behind your head with the palms facing the body.

5. Slowly return to starting position.

6. Do desired number of repetitions.

Performance tips:

1. This is an advanced exercise. It is only if you have enough strength in the lower back to maintain a neutral spine. Otherwise, you can injure your lower back.

2. Hold the arm and shoulders steady in position. Move only from the elbow.

3. Strengthen the elbow fully but move slowly with control. Avoid swinging the weight.

Repetition: 10-15 repetitions.

